Please enroll me in this Session:

Personal Information:

First Name

Last Name

Phone Number

Due Date

I will be attending classes alone. I will be bringing a guest or significant other.

Remember to bring your pillow

October 4, 11, 18 &

questions.

2016 Schedule for Childbirth **Education Classes**

JANUARY 5, 12, 19 & 26

* * *

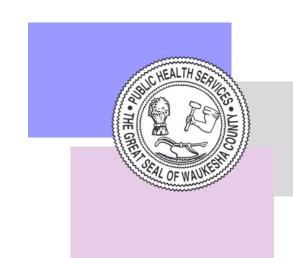
APRIL 5, 12, 19 & 26

* * *

JULY 5, 12, 19 & 26

※ ※ ※

OCTOBER 4, 11, 18 & 25



2016 Childbirth **Education Classes**

Preparing for the most important day in your baby's life!



Waukesha County Public Health Division

(located within the Human Services Center)

514 Riverview Avenue

Waukesha, WI 53188

262-896-8430



26

January 5, 12, 19 &

April 5, 12, 19 & 26

July 5, 12, 19 & 26

egister or ask any 262-896-8479 to



Waukesha County's Public Health Division is now offering a series of four Childbirth Education Classes for pregnant women who currently participate in any Waukesha County Health and Human Services program. There is no fee.

Each childbirth can be different. Whether this is your

first child or fourth, these classes will help you prepare for the birth of your child.

Each class will focus on a particular topic and include breathing exercises. Please bring a <u>pillow</u> with you to *each* class.

- The first class will focus on the **stages of labor** and the **birth process**;
- The second class will focus on comfort measures / C-Section info;
- The third class will focus on **newborn care**;
- And the fourth class will focus on breastfeeding. (Breastfeeding classes are also available in Spanish).

Take comfort

When: Classes will take place the

first 4 Tuesdays in January,

April, July & October.

Time: 12:30 – 2:30 PM

Place: Human Services Center

514 Riverview Avenue

Waukesha

KNOWING

in



Waukesha County

Public Health

A Division of the Department of Health & Human Services



www.waukeshacounty.gov/pregnancy



Please call
262-896-8479 to register or
ask any questions.